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Aikido club for UMD students

Ben Folds is comin' to town

Break out the snow gear

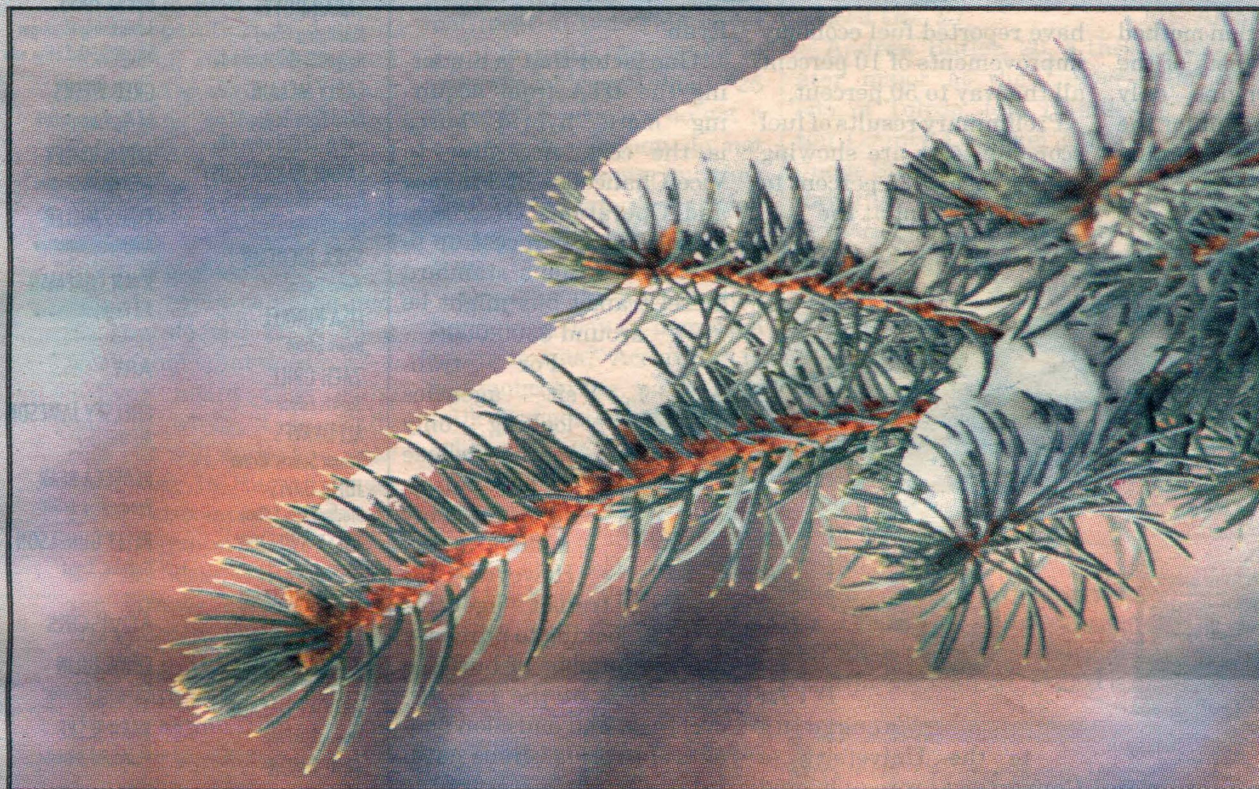


# STATESMAN

THURSDAY, DECEMBER 6, 2007

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## Winter is here

### Stay warm and keep bills low this season

BY DAVID BUCKNER

STATESMAN STAFF WRITER

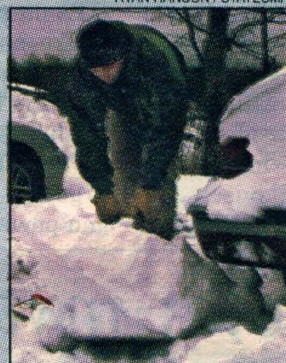
College students and empty wallets seem to go hand in hand. With the cost of tuition and rent, UMD students are always looking for ways to save a few bucks.

With winter knocking at our door, utility bills will be an increasing expense

for students. There are several easy tips, however, that renters can use to cut down on those nasty heating costs.

Eric Schlacks is the gas and energy coordinator at Comfort Systems in Duluth. He said that keeping your thermostat down is the best way to save money.

HEATING to page 5



RYAN HANSON / STATESMAN

JEFF DEZELSKE / STATESMAN

David Olson shovels his car out of a UMD parking lot earlier this week.

## PTSD affecting soldiers at home

BY ALYSSA ANTILA

STATESMAN STAFF WRITER

Post Traumatic Stress Disorder (PTSD) is a term that has been thrown around a lot in the media lately with men and women returning home from the war in Iraq; but how much do we really know about it?

PTSD is an anxiety disorder that can occur after a traumatic event, according to the National Center for PTSD. A traumatic event can stem from fighting in a war, sexual abuse, terrorist attacks, natural disasters or a serious accident. The severity of PTSD depends on many factors such as the intensity of the event and how close you were to it.

The men and women serving in the military are bound to witness events that will be engraved into their memory at some point. Those memories can last for a lifetime, affecting their daily lives and lead to PTSD.

"These soldiers see a lot of ugly things that affect their day-to-day functioning," said Jeff M. Hall, outreach coordinator at the Twin Ports Veteran Affairs Outpatient Clinic. Hall, a veteran himself, works with veterans to get them the help they need in various aspect of their lives and guidance with PTSD.

"They [veterans of war with PTSD] struggle with sleep, are easily startled, anger comes quickly, often depressed or have flashbacks," Hall said. "It's a cluster of a lot of symptoms."

PTSD to page 6

## City council places 300-foot rental ordinance on the backburner

BY SARA JOCHEMS

STATESMAN STAFF WRITER

Duluth city Councilor-At-Large Tim Little introduced a repeal on the 300-foot rental ordinance rule to city council members Monday, Dec. 3. Instead of a repeal, the ordinance was sent back to the Duluth Planning Commission (DPC).

Councilor-At-Large Jim Stauber said that current Councilor-At-Large

and Mayor-elect Don Ness made the notion that the 300-foot rental ordinance rule was getting sent to the Duluth Planning Commission.

"Because the 300-foot rule has to do with zoning, the ordinance needs to be looked at," Stauber said.

Ness himself said that the notion was made because the city attorney stepped in on the matter.

"If changes are to be made on the

zoning requirements, the DPC needs to review it," Ness said. "After they review the current ordinance, recommendations may be made. It's basically a new proposal."

Chuck Campbell, of the Duluth City Planning Department, said the next DPC meeting will be held on Dec. 11.

"It is unlikely that the DPC will get around to it at that meeting because

of the heavy workload," he said.

Campbell continued saying that if this were the case, the earliest the ordinance would be on the agenda is January of next year.

Since August 14, the 300-foot rental ordinance has been in effect, and according to Ness, it will continue to be while the current ruling is being re-evaluated.

COUNCIL to page 3



**CORRECTION:** In last week's article "This week in campus crime," the man involved in the Bagley Nature Center incident was not proven to be under the influence of alcohol.

# Duluth city buses going green

BY **AHBINAV DEVIREDDY**  
STATESMAN STAFF WRITER

Students who use the Duluth Transit Authority (DTA) buses now can choose a green way to travel. The association has now acquired two hybrid buses that run on a diesel-fueled engine and an electric motor, according to Heather Miller, a customer care representative with DTA.

"I think the new buses are really noiseless and are clean [for the environment]," said sophomore Abby Schmidt.

A recent study by the University of Connecticut, measured the particulate emissions from two hybrid transit buses and two conventional diesel buses in over-the-road tests. The researchers found a considerable decrease in emissions such as carbon monoxide and nitrogen dioxide in the hybrid buses.

Hybrid buses can reduce particulate emissions by more than 85 percent. The

current certification method is based on lab tests of the diesel-fueled engine only and does not account for the bus configuration, meaning the full benefits of

have reported fuel economy improvements of 10 percent all the way to 50 percent.

Preliminary results of fuel economy tests are showing an increase of 25 percent to 50 percent at the

Ryan.

One factor that is hindering the DTA from acquiring more hybrid buses is the cost. According to Vice-Chancellor of Finance and Operations Greg Fox, hybrid buses can cost up to \$500,000, while a standard diesel transit bus might be around \$300,000.

For transit agencies looking only to purchase a few buses, hybrids may make sense. However, for transit agencies looking to purchase a large number of buses, a closer look at the full life-cycle cost and emission benefits of hybrids versus natural gas buses is required to make sure they are not paying more money for fewer emission benefits.



ALEXANDER SUSUKI / STATESMAN

the hybrid drive system are lost, according to the University of Connecticut's research.

According to Miller, fuel economy of hybrid transit buses is much more than the conventional buses.

Some transit authorities

DTA, according to the University of Connecticut research and DTA on-road testing.

Freshman Barry Ryan was unaware of the fact that the DTA had acquired the buses.

"I think hybrid is the way to go now until we get hydrogen-powered vehicles," said

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# The common cold: myths and remedies

BY **JAMI REINHART**  
STATESMAN STAFF WRITER

Runny nose, congestion, sneezing, scratchy throat, cough. From the beginning of the semester, up until almost May, the majority of students will catch a cold at least once or twice.

"I usually get a cold at the beginning of the school year and usually more than once during the year," said junior Michelle Wirz.

Along with colds come prevention methods and remedies to cure it quicker, but what if some of the most popular remedies are merely myths?

Despite multiple remedies and prevention techniques, sometimes catching a cold is inevitable. So for the next time it feels like one is coming on, this article provides some basic treatment methods to use and treatment myths to avoid.

According to the American Lung Association, colds account for more visits to the doctor than any other condition in the United States. Adults get an average of two to four colds a year, mostly between September and May.

"We have been readily busy with students who

have come in for cold symptoms since school has started," said Diane Dickey, a RN at Health Services.

Aside from drinking plenty of orange juice, applying Vicks VapoRub and trying to get added rest, many students have their own cold-curing remedies.

"Orange juice is my first reaction," said junior Britney Bockwitz. "I also microwave a bowl of hot water and put my face over it with a towel over my head; the steam helps."

Though some of the most common and easiest prevention methods may seem elementary, they are often

the most overlooked.

"The best and easiest thing to do is wash your hands," said Dickey. "College students live in close quarters and should be aware of their exposure to airborne germs."

Staying healthy, beginning with good hydration, is another prevention method. According to the American Lung Association, remaining hydrated will keep the lining of the nose and throat from drying out, which allows the mucus to stay moist and easy to clear from the nose.

The Statesman is the official student newspaper of the University of Minnesota Duluth and is published by the UMD Board of Publications each Thursday of the academic year except for holidays and exam weeks.

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**COLD**

Continued from page 2

Remaining hydrated includes drinking about eight glasses of water per day. For students, this is like three to four nalgene, said Dickey.

Avoiding coffee, tea, soda and drinks with caffeine and alcohol is also recommended to maintain hydration. According to the American Lung Association, drinks containing caffeine or alcohol dehydrate instead of hydrate.

Though these methods typically help to prevent colds, it is sometimes impossible to avoid catching one. So how do you know what works and what does not?

Ever heard that going outside when it is really cold out will make you sick? According to the American Lung Association, colds are more common in the winter months because that is when the viruses spread around the country, not from being outside in the cold weather.

Do large doses of Vitamin C prevent you from catching a cold or quickly curing one? According to American Lung Association, the claims have not been proven that the intake will prevent or cure a cold.

Are herbal remedies an effective treatment for colds? Echinacea and other herbs, as well as Zinc lozenges receive quite a bit of publicity as remedies for a cold, yet these claims are not yet soundly supported by scientific studies.

What about the popular chicken noodle soup remedy? Though hot liquids can soothe a scratchy throat or cough, chicken noodle soup does not cure a cold, according to the American Lung Association.

**COUNCIL**

Continued from page 1 intended.

"I think that it has just created more problems," Little said.

An article recently published in the Duluth News Tribune recorded Stauher saying, "Some students

Are people with a weakened immune system more susceptible to catching a cold? According to commoncold.org, healthy people with normal immune systems are highly susceptible to cold virus infections as well.

Having cold symptoms has been said to be good for you because they help get over a cold, suggesting you should not treat a cold. This is yet another myth. According to commoncold.org, about 25 percent of people who get a cold virus infection do not develop symptoms, but they get over the infection as well as people who do have symptoms.

Does drinking milk during a cold cause increased nasal mucus? According to commoncold.org, no. In fact, milk is digested just as any other protein.

With the cold virus going around during these beginning stages of winter, many people also seek antibiotics and the help of a doctor.

"We can evoke sympathy," said Claude Erickson, a Physicians' Assistant at St. Mary's Clinic in Duluth. "The patients can treat the symptoms of the cold, not the actual virus. Many people think antibiotics will help, they won't."

While some may choose to ignore the myths all together, others may choose to stick to their own unique remedies to cure. Either way, catching a cold is sometimes inevitable if given enough exposure to the virus, and simply needs to be waited out.

"If you wake up with cold symptoms, wait it out," said Dickey. "There can sometimes be 10-14 days of symptoms, just give it some time."

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have been evicted because their landlords didn't have or didn't use their permits properly."

When asked if he was aware of students being evicted, Ness said that he was, but denied further comment.

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# Students rob bank for tuition money

CINCINNATI (AP)—Two college students say the high cost of tuition led them to rob a bank.

The men pleaded guilty to two charges of aggravated robbery and six charges of kidnapping. They face 20 years in prison when sentenced Dec. 27.

Andrew Butler, 20, a theater major at the University of Toledo, told Hamilton County Common Pleas Judge Steve Martin on Monday that tuition increases outpaced his scholarships and financial aid.

Christopher Avery, 22, who was studying engineering at the University of Cincinnati, said he couldn't pay for summer classes after an internship at a grocery store fell through.

"I was strapped for cash," Avery said. "I thought I had nothing to lose."

Tuition at the University of Cincinnati runs about \$9,400 a year; University of Toledo costs about \$7,000 a

year.

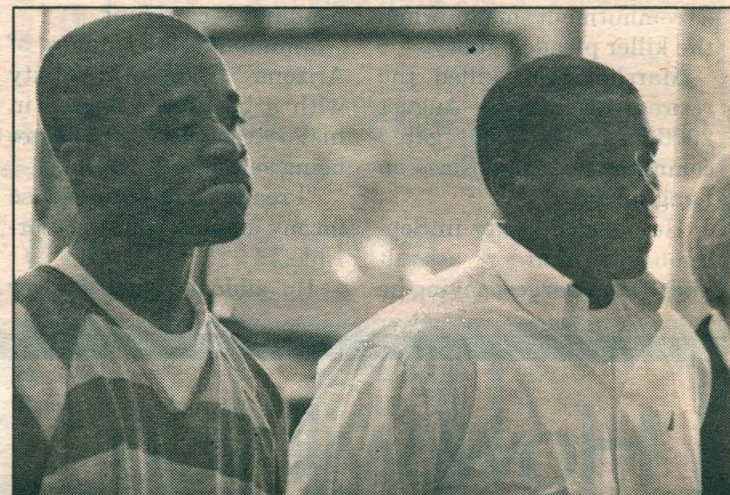
Armed with guns and wearing masks, Butler and Avery made off with \$130,000 from a crowded Valley Central Savings Bank in suburban Reading on July 17, said Assistant Hamilton County Prosecutor Brian Goodyear.

An attempt to rob a check-cashing business a day earlier was thwarted when the

students couldn't get through the business' security system despite firing four shots at the bullet-resistant glass, Goodyear said.

The men were caught after trying to switch cars. A witness who thought they were acting suspiciously called police.

Both were being held in a county jail without bond.



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Andrew Butler, left, and Christopher Avery pleaded guilty to aggravated robbery and kidnapping charges in the Hamilton County Courtroom in Cincinnati.

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## N.Y. killer sentenced for neighbor's death

MINEOLA, N.Y. (AP) —A man who murdered a neighbor in her home and dismembered her body was sentenced Wednesday to 30 years to life in prison.

The family of Denice Fox had campaigned for Nassau County Judge Richard LaPera to impose a sentence of life without parole on Evan Marshall, but he kept a commitment made when the killer pleaded guilty.

Marshall, 32, killed the retired teacher in August 2006 in an exclusive gated community in Glen Cove, on Long Island.

He pleaded guilty in September to murder, assault and other charges, saying he

was seeking money for drugs when he confronted Fox in her home and stabbed her repeatedly.

Marshall, who had been treated for mental health problems, later dismembered Fox's body, stashing the remains in his basement trash. He was arrested the next day as he returned to the crime scene with her head in his car trunk.

Marshall, a graduate of Arizona State University with a bachelor's degree in history, apologized before being sentenced.

"I really do have no excuse for my actions. ... It's so horrible."

He added: "I am forever

sorry for what I have done."

Before imposing the sentence, LaPera listened to pleas from Fox's husband, Jay, and their children, as well as from a woman Marshall ran down on a Glen Cove street earlier the day of the killing. The judge said he doubted there was enough evidence to convict Marshall of first-degree murder at trial, and contended that if a jury did so, it probably would have been overturned on appeal.

LaPera imposed 25 years to life, the top term for a second-degree murder conviction, as well as five additional years for assault in running down the pedestrian.

## Sexual assault case ends in settlement

DENVER (AP)—The University of Colorado has agreed to pay two women \$2.85 million to settle a lawsuit alleging they were sexually assaulted by football players and recruits, school officials said Wednesday.

The allegations had sparked a football recruiting scandal at the school, prompted broad university reforms and led to a shake-up of its top leaders.

University spokesman Ken McConnellogue said the school also agreed to hire an adviser to monitor compliance with federal laws governing equal treatment of women and add a position in the university Office of Victim Assistance.

University President Hank Brown said agreeing to the settlement was "a difficult decision, painful in some ways, but it's my sense that it was in the interest of the university."

He said the school faced years of litigation over the case, and fees for outside attorneys had already reached \$3 million.

One of the women, Lisa Simpson, will receive \$2.5 million, McConnellogue said. The other woman, who did not wish be identified publicly, will receive \$350,000.

The Associated Press does not identify the victims of alleged sexual assault, but Simpson has agreed to be identified in media reports.

The women said they were raped at an off-campus party for football players and recruits on Dec. 7, 2001. Their lawsuit alleged the university violated federal law by fostering an environment that allowed sexual assaults to occur.

A message left for Simpson's attorney, Baine Kerr, was not immediately returned. Simpson met with Brown at his office Wednesday but was not made available for comment.

In a statement released

through the school, Simpson said she was pleased with steps the school has taken.

"I encourage other institutions of higher education throughout the nation to take similar steps," she said.

Simpson fought hard to make the school change, said Janine D'Anniballe, director of Boulder's rape crisis center.

"She wanted change in the university. I think that's what she got. Even more important than money is change," D'Anniballe said.

A federal judge dismissed the suit in 2005, saying the women failed to show evidence of deliberate indifference. In September, the 10th U.S. Circuit Court of Appeals revived the lawsuit, ruling there was evidence the alleged assaults were caused by the school's failure to adequately supervise players.

The recruiting scandal prompted a grand jury investigation, which resulted in a single indictment charging a former football recruiting aide with soliciting a prostitute and misuse of a school cell phone. He pleaded guilty and was placed on probation.

A separate inquiry, backed by the university's Board of Regents, concluded that drugs, alcohol and sex were used to entice blue chip recruits to the Boulder campus but said none of the activity was knowingly sanctioned by university officials.

The school responded by overhauling oversight of the athletics department and putting some of the most stringent policies in place for any football recruiting program. The fallout included the resignations of CU System President Betsy Hoffman and Athletic Director Dick Tharp.

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**HEATING***Continued from page 1*

"For every degree you set the thermostat back, you save 1-3 percent on your bill," said Schlacks. "One thing that people should consider is to dress warmer rather than raising the heat."

Junior Chris Schwartz and his roommates found that by keeping their thermostat as low as possible, they can save roughly \$40 a month on heat.

"We keep our heat at about 62 degrees," said Schwartz. "We usually have to wear sweatpants and sweatshirts because it's freezing in here, but it saves money."

Schwartz says that they kept the temperature at 68 degrees last year, but the cost was over \$200 a month.

Drafty windows are another culprit in losing heat energy. Double pane windows work the best for keeping in heat, but many college renters are in older houses with single pane windows. Installing new windows is too expensive for most students, but a simpler strategy will help.

Junior Blake Farber lives in a house with four other people. He said that they seal their windows with plastic wrap.

"You can tell that once you put it on there, it stays warmer in the house," said Farber.

According to the Comfort Systems Web site, covering your windows with a clear plastic film will create an insulating air pocket between the plastic and the window. This can reduce heat loss through the windows by 25-50 percent. The cost of covering your windows is about \$4 to \$6 per window.

Comfort Systems also lists caulking the seams of your windows on their Web site. Caulking the cracks and frames around windows and doors will help to reduce drafts.

Many students may already know about sealing the windows and keeping the temperature at a reasonable level, but there are ways to save money that aren't as obvious.

The Comfort Systems Web site suggests replacing your furnace filters about once a month. A new filter costs between \$15 and \$25. Splitting that cost with the others in your house can be a cheaper way to improve your heating.

Along with replacing the filters, keeping things clean can also help to improve heating. Clean your warm air registers, baseboard heaters and radiators when they get dirty. Also, make sure they are clear of furniture and carpeting. By replacing your filter and keeping your registers clean, you can improve your energy efficiency by 10 percent, according to Comfort Systems.

Space heaters can also help to keep costs down if they are used effectively. Space heaters are one of the most expensive uses of electricity, and according to Schlacks, you'll only save money with a space heater if you're willing to lower the temperature in the rest of the house.

Only using lights and appliances when needed is an easy way to save electricity, but the same practice should go for kitchen and bathroom fans. According to the Comfort Systems Web site, in one hour those fans can suck up a houseful of warm air.

Another free way to keep the house warm is by utilizing your drapes and shades. During the day, keep your south facing drapes open to bring in more sunlight. At night, close the drapes to cut down on heat escaping through the windows. Simply opening and closing your shades will trap heat and keep the room warmer.

By using these easy techniques, you can keep your house a bit warmer, and more importantly, keep your heating bill down. By spending a little money now to prepare your house for the cold weather, you can save money all winter long.

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## PTSD

Continued from page 1

Forest Lake native Chris Barrett, and current UMD student, knows the perils of war first hand.

Barrett was enlisted in the Reserve prior to Sept. 11, 2001 but went into active duty in 2002. He was part of the 82<sup>nd</sup> Airborne Division. According to the homepage of the 82<sup>nd</sup> Airborne Web site, the goal of the infantry is, "Within 18 hours of notification, the 82nd Airborne Division strategically deploys, conducts forcible entry parachute assault and secures key objectives for follow-on military operations in support of U.S. national interests."

To put it simply, "we eliminate the bad people," said Barrett. "We are foot soldiers. We carry a gun and are supposed to kill the enemy."

Barrett was deployed to Iraq in August of 2003 and returned in March of 2004.

"You see a lot of crippled people and physical disabled

there," Barrett said.

He also went on to elaborate his experience by describing the unique landscape.

"They have a lot of agriculture and farms," said Barrett. "There are rivers around Baghdad too."

In regards to PTSD, Barrett understands the affects it can have on those in the war.

"It is quite prevalent," Barrett said. "It's a big problem and there needs to be more treatment available."

Barrett had a friend that was suicidal and wanted to get help but was reluctant to do so because of the embarrassment it may have and the response the officers may have.

"Many people weren't treated in the service because it looks bad for the officers if they have to let a guy go and get help," Barrett said.

Barrett's friend did end up getting help, but not without a string of challenges before him. When he returned to the infantry, the officers embarrassed him for leaving

and getting help.

"They called him the enemy," Barrett said. "He couldn't handle it and ending up getting sick to his stomach."

Legal action ended up taking place and the soldier was released with a Honorable Discharge.

Many service men and women are afraid of admitting they have PTSD because of the consequences that may come along with disclosing this kind of information. Some fears include the idea it may harm their career, embarrassment, difficulty finding time to make an appointment and being treated differently because of it, according to Hall.

"There is 100 different ways to put coming back home," Barrett said. "It was just weird. You go from a place expecting to get shot at with guns and bombs to civilian life."

The transition of returning to civilian life after being in a combat zone for a long period of time is not an easy thing to do. During that

transition period is when many symptoms of PTSD begin to arise.

"It [PTSD] could happen to you indirectly or directly," said Dr. Kathy Dowell, assistant professor in the department of psychology. "Not all will develop PTSD."

Dowell has worked with PTSD patients and was a therapist prior to working at UMD. She worked mainly with children and adults that experienced traumatic events such as sexual assault, violent crimes and domestic violence.

"It is important for those that have the disorder to understand it's not your fault," Dowell said. "You experienced a traumatic event."

In addition to that, Dowell feels the awareness of the disorder has improved and the willingness to talk about it has changed.

The National Center for PTSD recommends those with problems seek counseling. From there, the necessary steps that need to be taken will be discussed, such as different therapies or the use of medications.

"The earlier the intervention, the quicker they will get better," Hall said. "A majority will adjust

and function, but there still is a minority that will have difficulty."

Hall also recommends going to seek help with the support of others and talk to those around you.

"There are more services in place for them now," Hall said. "The Vietnam vets changed laws and now a new class of vets will get the treatment they need."

With more services in place for veterans, Hall believes they will be able to adjust more easily than generations before them.

Both Hall and Dowell feel that PTSD isn't becoming more of a problem, but the public is becoming more aware of it.

"They [veterans] are not victims, and don't want to be treated as victims," Hall said. "It is part of the mix, you get banged up psychologically, but they are proud of what they have done."

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## Ben Folds to make UMD appearance

BY JORDAN HANSON  
STATESMAN STAFF WRITER

The Kirby Program Board (KPB) received confirmation this week from professional recording artist Ben Folds to headline an on-campus show in April. His concert will be part of a two-night music festival featuring multiple artists according to Nate Haugen, the board's concerts chair.

The board is currently working on the second headlining artist and says that they are possibly looking toward hip-hop.

"We want to appeal to

everyone," said KPB Coordinator Jillian Raymond.

No final decisions have been made on the second headliner so far and the board is open to suggestions. Students with ideas for artists can e-mail them or stop by the KPB office.

"It's a kind of democratic thing," said Raymond. "We want to get a representative sample."

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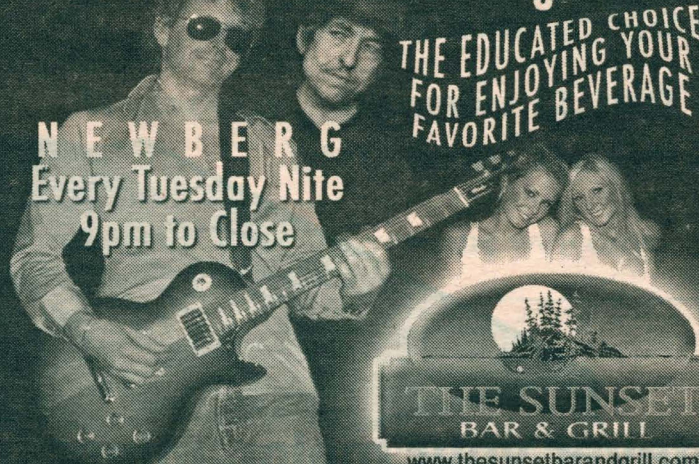
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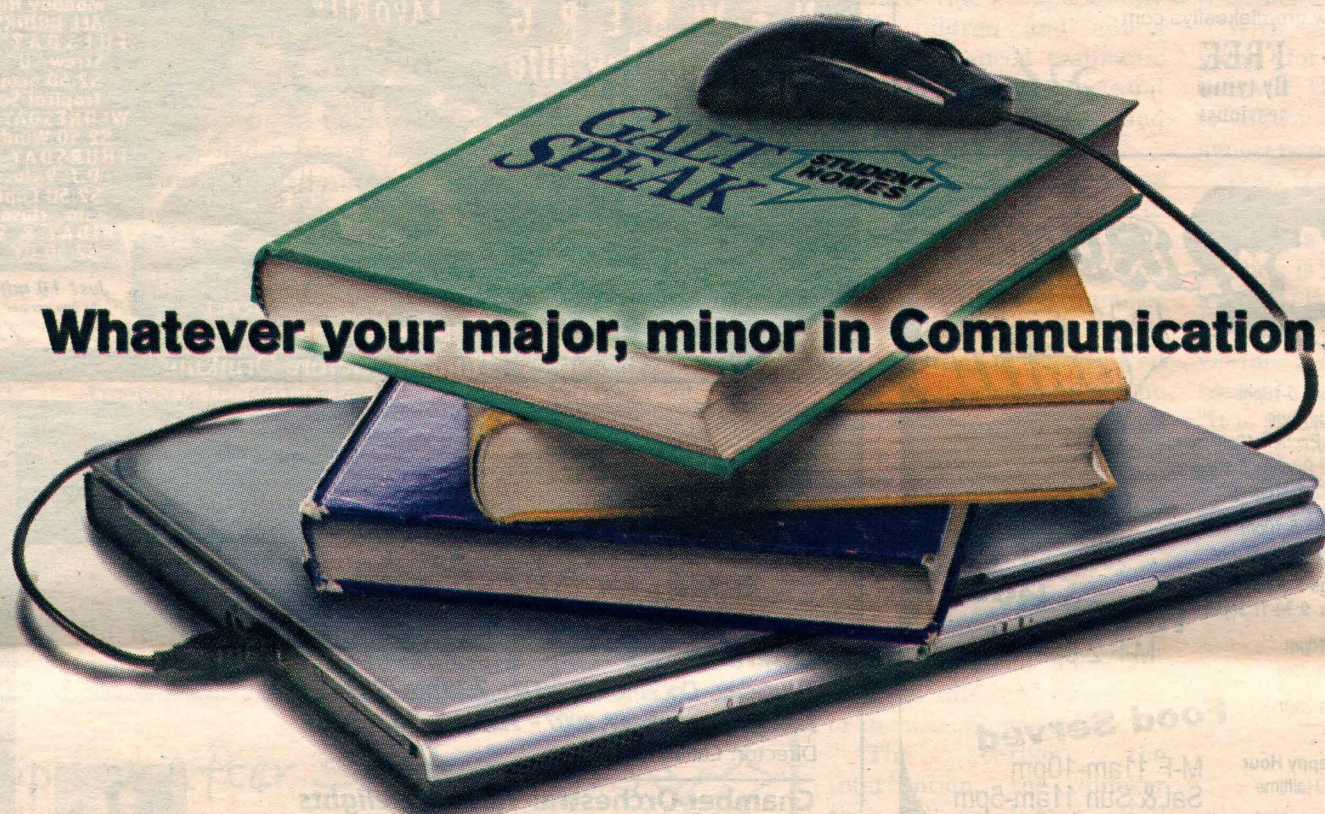
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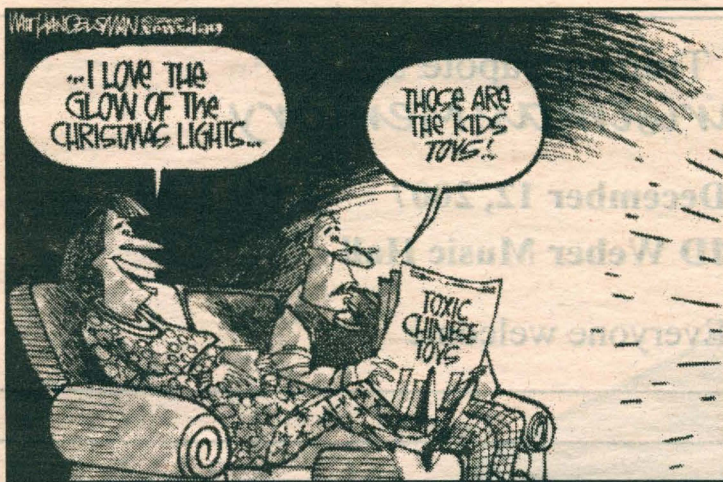
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## ASSOCIATED PRESS EDITORIAL ROUND-UP

### Local and state leaders to take a stand

Minnesota Gov. Tim Pawlenty, with other Midwestern governors and a Canadian premier, agreed to two pacts to reduce greenhouse gas, increase alternative fuel production and raise renewable energy standards.

The pacts, negotiated by the 12-state Midwest Governors Association, criticize the federal government for not doing enough about global warming.

In May, International Falls Mayor Shawn Mason, with support of the International Falls City Council, joined other U.S. mayors in endorsing the U.S. Mayors Climate Protection Agreement.

That resolution calls for the city to take actions that can reduce global warming. Among those actions are things that simply make sense: taking inventory of emissions in city operations such as buildings, lighting, fleet and considering reductions; making energy efficiency a priority through the building code...; educating employees about driving practices that conserve energy ...

In addition, the mayors agreement calls on cities, communities and the federal government to take actions to reduce global warming pollution.

The state pacts call for setting real goals within the next eight months and establishing a "cap-and-trade" system to reduce greenhouse gases. The system would allow businesses that don't meet the goals to obtain credit from businesses that do. Again, a commonsense approach to reducing the gases that are known to cause climate changes in the world.

Clearly, there is a lot more to be known about climate change and how it will impact our lives, but applying commonsense solutions to the problem should be our first course of defense.

The Daily Journal of International Falls

The Editorial & Opinion departments are independent of the newsroom. The editorial board prepares the editorials labeled "EDITORIALS," which are the opinion of the Statesman as an institution but not representative of Statesman employees' opinions. Columnists' opinions are their own.

## LETTER TO THE EDITOR

I read with horror the article titled "Man not charged for Mankato student's death," in the Nov. 29 Statesman, about the Mankato man not charged for running over two women, killing one. What is this, send the jerk to jail, remove his license. If that man can not drive better than that, get him off the road NOW!!!

Marvin Saarela  
UMD Staff

## OPINION

# \$23 billion water bill will ensure fellow citizens' safety

BY BRIAN PELTIER  
STATESMAN STAFF WRITER

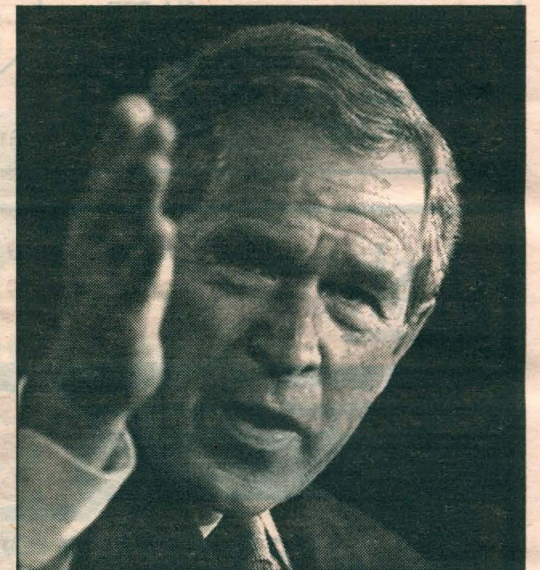
Democrats one, President Bush...who cares? After proposing a water bill which was vetoed by the president, a Democratic legislature overturned the bill and made it law.

The water bill will offer more aid to Hurricane Katrina victims; it begins with plans to design areas of flood prevention and coastal storm damage, as well as restoration to ecosystems. The bill, which you can imagine, is very long. It ranges from designating funding for such things as flood control, to new technologies being used in the Ohio River, to restoration and disaster control along the coast. Realizing the bill is necessary to prevent further damage to our nation's coast, the president's veto was appropriately overridden.

According to an msnbc.com article titled "A sign of Democratic victories to come?," Bush did not veto any bills during his first five years in office, although he has since vetoed several, including an Iraq spending bill and a stem cell research bill twice.

Yes, we have a budget deficit, but to say that he was vetoing the bill because of spending, is asinine. We have spent a lot of money in other nations, but when it comes to spending necessary funds to better our own safety, why do we think twice? Why is there suddenly a budget concern in which the president feels it necessary to veto the bill? Democrats. Democrats are now in power and it stings a little bit; it has left quite a sour taste in the president's mouth. Before the Democrats controlled the legislature, Bush had it easy, getting money and support for a war not certain to end.

This should be no shock. The president's approval rating has steadily been decreasing for some time. The Democrats haven't in the



ASSOCIATED PRESS

President Bush's veto of the \$23 billion water resources bill was overridden by the mostly Democratic legislature Nov. 1. past and don't now agree with everything the president does and it is quite apparent in this overruling. According to an AP article found at foxnews.com, Senate Majority leader Harry Reid had this to say about the president's veto: "Bush's veto indicates that he's out of touch with the American people and their priorities."

The victims of Hurricane Katrina will agree that such a bill is necessary. It's long overdue, and although they cannot change the past, they want it passed now in order to prevent further hardships along the coast as a result of a poor emergency plan. The well-being of our fellow citizens and our nation's children is important; it should be high on the priority list. Without adequate preparations and safety measures, more catastrophic events are likely to occur in the future.

Brian Peltier is at  
pelt0080@d.umn.edu.

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All letters must include the writer's name, address and phone number for verification, not to publish. The Statesman reserves the right to edit all letters for style, space, libel and grammar. Letters should be no more than 300 words in length. Readers may also submit longer guest columns. The Statesman reserves the right to print any submission as a letter or guest column. Submission does not guarantee publication.



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## Aikido Club a hit with UMD students

BY KENDRA RICHARDS

STATESMAN STAFF WRITER

You're walking back to your apartment at 1 a.m. from a friend's house. Suddenly, you hear a rustling sound in the bushes and you think you see the shadow of a stranger. Scared out of your wits, you start running, but they catch up to you.

This is a very frightening situation, but there is a club at UMD that can help by teaching you what to do if you are attacked. Equally important, it teaches about aggression—how to use it both physically and emotionally for a harmonious outcome. It's called the Northern Lights Aikido club.

Aikido is not simply self-defense; it is about dealing with your energy in a positive way.

"Aikido changes your awareness and response to control a situation with minimal force," said Dale Bergeron, assistant professor and extension educator at UMD and chief instructor of Aikido.

A lot of people think of self-defense as fighting back, and possibly hurting the other person, but Aikido allows you to protect yourself without hurting anybody.

"It is a low-impact martial art with a high degree of self-protection and self-awareness," said Bergeron. "If everything goes perfectly, you won't feel anything."

Bergeron said that when you are pushed, it is natural to push back,

but with Aikido, you have to allow yourself to "fall" first and have patience.

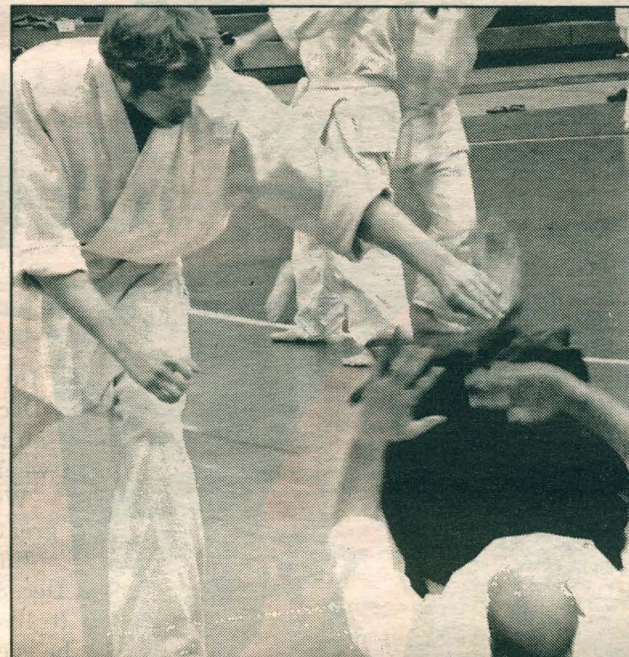
"Taking a step to walk is falling," he said. "In order to move, you have to fall. Aikido teaches you how to fall, and how to protect yourself—it teaches you to turn the other cheek without getting slapped."

Bergeron said that there are three main things to learn in order to make Aikido work. The first is vector physics—knowing which direction energy is traveling, and understanding the angles of your body. The second is biomechanics—knowing that your body can only move in certain ways. And the third is self-control—true victory is over yourself, and we learn to modify ourselves to fit the world instead of modifying the world to suit us.

"It's the only physical fighting where you train for a peaceful outcome," said Ryan Welles, a masters student at UMD and black belt in Aikido. "I started Aikido when I was 17 and did it for a year or two, but then I switched to full-contact fighting, because I didn't feel like I was doing anything to anyone. I got back into Aikido, because I realized it's not just fighting, but it's understanding yourself and the nature of conflict."

Since joining the Aikido club, Welles and Bergeron agree that they have seen the skills reverberate through the rest of their lives.

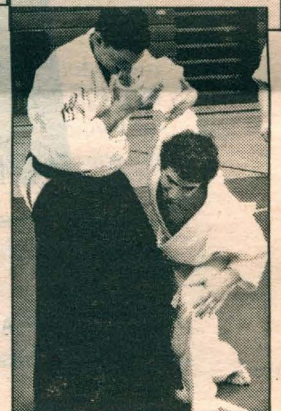
"I guarantee that anyone who



SUBMITTED PHOTOS

Above: A student of Aikido does some sparring with an instructor.

Right: An instructor demonstrates a disarming move on a student.



Kendra Richards is at richa551@d.umn.edu.

learns Aikido will have a greater understanding in football, tennis, writing, singing or anything else in the world," said Bergeron. "When you go on to professional careers and use the principles learned, they will help you to see new opportunities and position yourself to obtain them."

The UMD Aikido club gathers Mondays and Wednesdays from 8-9:30 p.m. It takes place at the YMCA, but Bergeron hopes that they will be able to bring it back to campus soon. Just two years ago Aikido was offered as a class at UMD as well, but they no longer have the proper mats on campus.

## Sex in the University City

by Shana Secory

### What is emotionally cheating? How do you handle being part of it?

It's 2 a.m. on a Friday, and you just received the sixth text message from the same person. The texts are needy and very complimentary of you, almost to the point of asking for a booty call. You know the person is drunk at the bar and just wants attention, but what you also know

is that their significant other may or may not be getting the same raunchy text messages.

It's called "emotional cheating." The act of a person that is considered attached, wanting someone else. It could be that the person involved in a relationship sends late-night text messages to the emotional interest, or maybe it is a simple comment made at the bar about the emotional interest of choice. Whatever it may be, more and more people are pushing the bar with relationships. When is emotionally cheating OK and when are you crossing the line?

"My friend has a boyfriend who goes to another campus," said freshman Jessica. "A while ago she started hanging out with this other guy and spending the night at his place. My friend felt bad so she broke

up with her boyfriend, however the male that she was hanging out with all this time felt that he was doing nothing wrong! He still hasn't broke it off with his girlfriend yet."

Cheating emotionally is not only problematic for the loyal boyfriend or girlfriend, but can also be quite a hassle for the person that is the emotional interest. It can be embarrassing when someone seems to be more interested in you than they are in their partner. It doesn't seem very fair that the loyal boyfriend or girlfriend hates the emotional interest just because they may be getting more attention from their loved one.

"Four years ago I had a really close guy friend, we would go for drives late at night and his girlfriend would always call asking where he was

and he would always lie and say he was somewhere else," said freshman Stephanie.

Since emotional cheating does not involve anything physical, is it still considered just flat out cheating?

"It's OK to just hang out with other people," freshman Kelsey said. "But once the relationship turns physical it's just not right."

Everyday we are put to the test with our relationships, whether we choose to cheat or not. It is important to remember the act of communication. Some people may consider emotional cheating wrong while others may think it is harmless, but if you do not communicate your thoughts with your partner, the line between right and wrong could be very unclear.

Shana Secory is at secor012@d.umn.edu.



# START REACHING FOR YOUR SNOW GEAR

## Break out the skis and snowboards

BY MCKAYLA BOELTER  
STATESMAN STAFF WRITER

Winter has finally come and skiers and snowboarders have started to hit the slopes.

Spirit Mountain, in Duluth, and Mont Du Lac, in Superior, Wis., opened on Saturday, Dec. 1. Lutsen Mountains, in Lutsen, Minn., has already been open for a few weeks, with their opening weekend Nov. 17.

With the recent snowfall, all three are expecting a great turnout for the month of December.

Jim Vick, marketing director at Lutsen, said that by Dec. 8, he is expecting that 30-40 of their primary runs (trails that are groomed daily) will be open. By Dec. 20, he is expecting that all of Lutsen's primary runs will be open plus many of their backcountry runs which require natural snowfall.

"Anytime there is snow in November we consider ourselves to be ahead of the game," said Vick. "This year we are ahead of previous seasons. It's been great so far."

In November, it is sometimes hard to have trails open. The first weekend Lutsen was open, only six of their runs were open.

"It doesn't come easy. In November, in particular, 28-30 degrees can be the low. At those temps, it isn't the best for snowmaking. Still we haven't missed a Thanksgiving weekend in about 30 years," said Vick.

For some, including senior Quinn DePompolo, snowboarding is a necessity once snow hits the ground.

"I love snowboarding and being outside," said DePompolo. "I skied when I was younger, but I got bored with skiing."

For many UMD snowboarders, Spirit Mountain is close to home.

"I definitely like Spirit because of convenience, [and] the park is pretty decent," said DePompolo. "The atmosphere is great. Everyone is friendly there."

For senior Adrienne McAlpin, president of the UMD ski team, skiing has been a part of her life since she was three years old.

"My whole family does it. I like the challenge of it," she said. "It's a great workout. Not too hard on your joints and it's a lifelong activity. My parents still do it."

When asked where she likes to ski best, McAlpin has said she likes to go ski out west. One of her favorite spots is Heavenly Mountain Resort which is in Lake Tahoe, CA. Around the Midwest area, McAlpin likes to ski at Spirit Mountain, which is where her team practices, and Lutsen Mountains.

"Spirit has got a lot of diverse terrain, but Lutsen's huge," said McAlpin. "There are so many trails and it has a really awesome view of Lake Superior. It's almost like being out west."

Besides skiing for the team, McAlpin likes to ski for fun with her friends. She encourages anyone who wants to learn how to ski to just go out and try it.

"If you're thinking about skiing, definitely give it a try," said McAlpin. "Try it on a nice day and go with a group of friends so you can laugh and fall down together. Just have fun with it. Don't get hurt, but don't be afraid to fall."

McKayla Boelter is at  
boel0044@d.umn.edu.



TOP: A snowboarder attempts a flip off a backcountry jump at Lutsen Mountains.

BOTTOM: Mark Wilson makes grinding on a box look easy while snowboarding at Lutsen Mountains.

## Cross-country skiing and snowshoeing opportunities abound

BY KATIE BERG  
STATESMAN STAFF WRITER

As the snow continues to pile up on the ground this December, many outdoor enthusiasts are able to enjoy an earlier start to their season than in the past couple of years; particularly cross-country skiing and snowshoeing.

For those looking for the right time to pull out the equipment, there's already a lot going on as the temperatures continue to plummet. Mick Dodds, a manager at the Ski Hut of Duluth on Fourth Street, says that people are already coming in for all types of winter equipment.

"A busy time is whenever we get snow," said Dodds.

As Duluth has already seen more than one big snowfall this year, the key is knowing

how much snow is the proper amount for the activity of choice.

"[Snowshoeing] is nice because you really don't need a trail, and usually you only need about three to four inches of snow if you want to go out," said Dodds.

UMD rents equipment to students, with a day rental for snowshoes starting at \$6.50 and a cross-country ski "package" for \$8 a day from the Recreational Sports and Outdoors Program Equipment Center. This can be nice for beginners that are still getting a feel for the sport and don't want to commit a lot of money to the sport yet. Cross-country skiing is a little different.

"It's usually good to have a solid foot of snow to [go cross-country skiing]. Duluth has some great trails out at Snowflake by the airport and Giant's Ridge," said Dodds.

Second-year transfer student and another Ski Hut employee, Mike Smith, agreed with him.

"[Minnesota has] a couple of events for racing coming up that people are starting to think about," said Smith.

Events include the Pepsi Challenge Cup Race in January, which is a 48k free style race on the Nordic Trail System and features skiers of all ability levels.

Smith recommends the Web site skinnyski.com for the beginning, as well as more advanced cross-country skier.

"They have everything you need on there, like snow conditions, as well as pretty much every trail in Minnesota, Wisconsin and the Upper Peninsula, and information on every major race coming up ... it's updated, like, three times a day," said Smith.

Neither Smith nor Dodds have gotten out on the trails yet, but both have high hopes.

"I've been trying to get to the golf courses [for cross-country skiing]," said Dodds.

He recommended the Boulder Lake Ski Area, 19 miles north of Duluth on Boulder Dam Road. There are 21k of trails that are groomed and free for anyone to use. Snowshoeing trails can also be found at Boulder Lake.

"They have more up and down trails ... as well as easier beginner trails, and I know that 'free' appeals to college students," said Dodds.

Katie Berg is at  
berg1367@d.umn.edu

## No need for students to head home for ice fishing this year

*Plenty of lakes, rivers and streams are quickly freezing in and around Duluth, meaning excellent ice fishing this winter.*

BY BILL LANDMARK  
STATESMAN STAFF WRITER

There comes a time every December for outdoorsmen and women to put away their hunting gear and break out the ice fishing equipment. Some UMD students may only get to fish a few times on the hard water this winter, opting to fish only when they go back home. However, there are plenty of opportunities around Duluth to catch some fish and relax from the rigors of student life.

Here are my top three early ice picks to get you started in the 2007-2008 ice fishing season.

### Fish Lake

Fish Lake is located 17 miles north of Duluth on Emerson Road. It is a reservoir created by Minnesota Power's hydroelectric dam. This creates a current flow on the north end of the lake, which is crucial to walleye fishing.

According to the Department of Natural Resources Web site, Fish Lake boasts a nice population of walleyes as well as crappies,

sunfish, perch and northern pike. The key to success on Fish Lake is to set up near weed lines and drop offs around islands.

Hi-Banks resort is one of the lake's access points, and the owners are knowledgeable about the lake's several good fishing holes. Smaller jigs and larvae are needed if you are chasing crappies and sunfish, but jigging spoons with minnow heads are productive for walleye fishing.

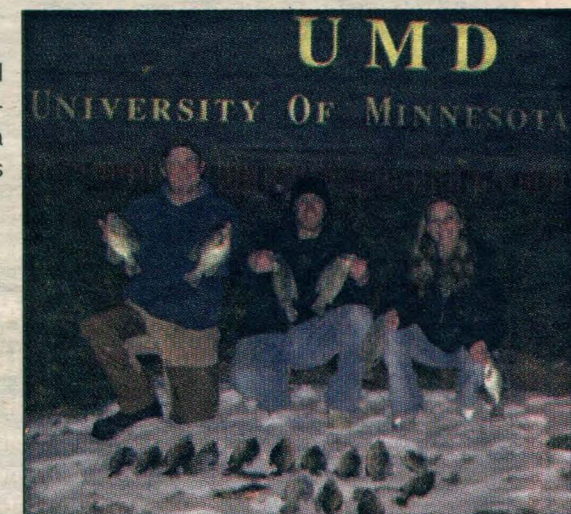
### Boulder Lake

Boulder Lake is located 19 miles north of Duluth on Boulder Dam Road. It is another reservoir and also has current. Fortunately, you can venture out from the Silver Fox resort, located in the south basin. A couple hundred yards away, you'll find some great walleye fishing.

According to the Department of Natural Resources Web site, Boulder produces good numbers of walleye, as well as jumbo perch, crappies and northern pike.

There are two ways to fish Boulder. The first involves setting up on the edge of many points or rock piles on the lake or fishing the wide-open main basin.

From left to right: Bill Landmark, Parker Hassley and Teresa Srissora showing off their catches after a day of ice fishing.



BILL LANDMARK / STATESMAN

Walleye here have a tendency to move up close to these structures to feed at night. Glow jigging spoons tipped with a minnow heads will attract all species in this lake.

### St. Louis River

My final pick is the St. Louis River. Ice on the St. Louis is much thinner than on the inland lakes, usually only 10-20 inches thick. Walking out from the Boy Scout access, located on the south end of Grand Avenue, is the most popular approach to fishing the river.

Here walleye, lake sturgeon, northern pike and eelpout can be caught on the break lines next to the main channel, often in 12 feet of water or less. Heavier jigs and jigging spoons tipped with a minnows or minnow heads are the lures of choice on the river.

As the saying goes, no ice is safe ice. Be careful and have fun this ice fishing season.

Bill Landmark is at  
landm023@d.umn.edu.



SUBMITTED PHOTO

## Gander Mountain Big buck contest!

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- The number of points

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1st Lt. Malgorzata Bujak, RN, BSN  
Brooke Army Medical Center, Texas

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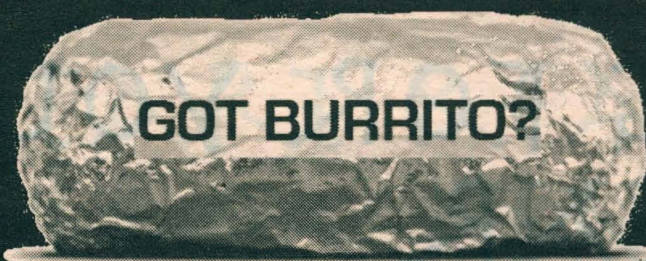
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## One chance left to see the Pulitzer Prize winning 'Dinner with Friends'

*Tonight, tomorrow and Saturday are sold out; tickets are only available for Tuesday's rescheduled performance this Sunday.*

**BY JAMI REINHART**  
STATESMAN STAFF WRITER

Winner of the Pulitzer Prize in 2000, Donald Margulies' play, "Dinner with Friends," gives the audience a taste of the ups and downs of married life while playing on the irony of the undertones associated with food and our day-to-day social interactions.

"The beauty of a show like 'Dinner with Friends' is that it's a show about real people and real relationships, written by someone who can really capture our raw and quirky idiosyncrasies," said Brandon Roberts, who plays Tom in the play.

Guest directed by UMD alumus Joseph Price, much of the dialogue revolves around relationship struggles satisfaction and conversations about food. The play depicts two married couples in their forties who have been friends for 12 years.

When Beth, played by Kinsey Diment, announces that she and Tom are separating, they all begin to examine their own contentment with life and each other. The compatible foursome—Karen, played by Stacia McKee, Gabe, played by Jed

Dixon, Tom and Beth begin to question their happiness, marital satisfaction and friendships with each other throughout the play.

"It ['Dinner with Friends'] is reliant on the character's dialogue," said Professor Tom Isbel. "It really examines contemporary relationships, which is why people enjoy it."

With a dynamic cast of four, "Dinner with Friends" plays on the humor and seriousness of relationships, both romantic and platonic.

"It provides light humor with a more serious topic," said freshmen Devan Hodshire. "It is relatable and funny."

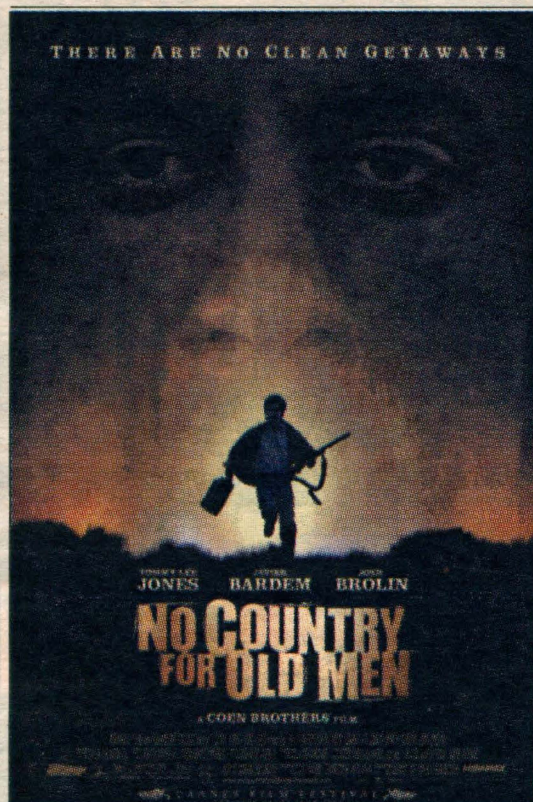
The play will be performed for the second weekend, Dec. 4-8 in the Dudley Experimental Theater, Marshall Performing Arts Center at 7:30 p.m. Tickets cost \$15 for adults, \$11 for seniors and students, and \$6 for UMD students children.

"One thing that I can say about this production with confidence: You will leave affected," said Roberts.

Jami Reinhart is at  
reinh079@d.umn.edu.



SUBMITTED PHOTO  
Gabe (Jed Dixon) and Karen (Stacia McKee), friends of the recently divorced Beth and Tom, are forced to examine their own relationship in "Dinner with Friends," a play the New York Times describes as "sober, wise and a extremely funny."



SUBMITTED ARTWORK

## Coen brothers release a creepy comedy

**BY AMBER VESEL**  
STATESMAN STAFF WRITER

"No Country for Old Men," differs from the typical murder-crime-solving flick, this one will having you reeling between laughing and cringing. From Ethan and Joel Coen, directors of "The Ladykillers" and "O Brother, Where Art Thou?" comes a masterpiece, filled with the creepiness of "The Shining" and taken in the direction of comedy with the humor of Tommy Lee Jones.

Jones plays a small-town sheriff, looking to find a psychopath, who is looking for a random thief in possession of his drug money. The psychopath, played by Javier Bardem of "Collateral," is the ultimate villain; with watery, bloodshot eyes and consistently intense expression. He is made even creepier with his raw desire to kill and strangely methodical ways of deciding who lives and who dies—in some cases, it depends on a coin toss.

Throughout the movie, audiences are not only kept interested by the intense murder scenes, they are actually kept chuckling at the humorous dialogue between characters.

Along with horror and humor, audiences are also kept in suspense, often never knowing what exactly is about to happen, with an element of action slipping in sometimes to keep the story moving.

While some audiences didn't fully appreciate the ending of the movie, you can decide for yourself. Check out the movie at the Marcus Duluth 10 Theater in Canal Park. "No Country for Old Men" was released last Friday so it is sure to be in the box office for a while; if you are in for a horror movie, this is definitely the one to see.

Newly instituted into the theater is "College Night:" any students, from any college can get into any Thursday night movie for \$2.50 off the price of the movie. Students must present their college ID, they will then be admitted into shows for \$5.25—less than a matinee. Discounts are only good for regular, non-matinee movies.

Amber Vesel is at  
vese0024@d.umn.edu.



# HOROSCOPES

BY RENAE CONRAD

STATESMAN STAFF WRITER

## Sagittarius:

Nov 22 - Dec 21

Homesickness is something you are not willing to admit. However, you must keep in mind that when it's all said and done, the only people who will still be there is your family. Pick up the phone and call home this week or pay an unexpected visit; it will relieve your anxiety and excite others.

## Capricorn:

Dec 22 - Jan 19

It's important to remember that not everyone cares about what you have to say; especially when what you have you say isn't nice. Learn to keep your destructive thoughts to yourself and stop talking about others. Otherwise people may associate your discourteous gossiping with a lack of an interesting dialogue concerning yourself.

## Aquarius:

Jan 20 - Feb 18

The interactions you have with people this week will leave you more aware of other's feelings and less aware of your own. Towards the end of the week you will need to stop trying to search for your true feelings, throw reason to the wind and pursue your intuition.

## Pisces:

Feb 19 - Mar 20

Your week will be filled with much unintended competition. Staying level headed and light hearted will help you achieve success without getting overly frustrated. Look to the stars for potency and they will provide you with the skills needed to take on whatever challenges come your way.

## Aries:

Mar 21 - Apr 19

Try thinking in different ways that you've never thought before. Surround yourself in a place of unfamiliarity and try to open your mind to new ways of thinking.

## Taurus:

Apr 20 - May 20

Taurus, your life is in need of some change, even if the change is subtle. Rearranging your living space or making a new friend will be great ways of accomplishing this task. You will find that in making room for change, you will have a more fresh and positive outlook.

## Gemini:

May 21 - June 20

A minor shift in Venus this weekend will create a great opportunity for self reflection. Go to a quiet place and release your thoughts and tension. Consider all the things in your life that are in need of attention and focus on all the things that are going well.

## Cancer:

Jun 21 - Jul 22

Changing one's self to impress others may initially attract the attention of a potential romance, but it will only cause more damage when your true self surfaces. It's time you learn, Cancer, that if someone can't appreciate you for how you really are then they aren't worth your time.

## Leo:

Jul 23 - Aug 22

Something in the near future will embarrass you in front of someone very significant. Let this come as a reminder to you that it's important not to continuously worry about what people are thinking of you.

## Virgo:

Aug 23 - Sept 22

Motivation and organization will be key elements in the weeks to come. Don't allow outside influences change the way you feel about yourself. Virgo, be happy with what you do and know that you do it well.

## Libra:

Sept 23 - Oct 22

As recent changes in your life occur, you will find yourself being more able to stand up for yourself; even if it means standing up to those who you care about most. Don't let people walk all over you, for they are not your true friends, and don't let individuals from your past hold you down by smothering your new relationships.

## Scorpio:

Oct 23 - Nov 21

Your happiness and positivity is very contagious this week. Although your troubles may be just beginning and the weight of the semester is piling, sharing your smile and charm will help those around you and in turn, ease your anxiety.

Renaë Conrad is at  
conr0109@d.umn.edu.

# Wrap your holiday presents on L.N.K.

BY BECCA JAMES

STATESMAN STAFF WRITER

On Dec. 11 and 12, UMD students are welcome to attend Late Night Kirby's second annual gift-wrapping event. Gift-wrapping will take place in the Rafters at 9 p.m. with wrapping supplies provided.

Late Night Kirby student manager Bre Ward made Kirby's gift-wrapping event possible with help from fellow Late Night Kirby attendants Dan Sarles, Paul Strommer and Mackenzie Kilwein. Late Night Kirby used money earned from student service fees to purchase boxes,

wrapping paper, bows and tape.

"We decided to have this event because we feel that it's something that creates value for students," said Ward. "The end of the semester is so hectic, we thought it would be nice to provide some time and supplies for students to be able to wrap their gifts."

In addition to the gift-wrapping festivities, students will have the opportunity to partake in holiday music and treats. Also, microwave s'mores will be available for participants said Ward.

Participants may also take a picture with Kirby the

Santa Owl. This is the second year in attendance for Kirby the Santa Owl. When asked about the unusual holiday mascot, Ward commented, "We have an owl as a mascot, so we made a Santa costume, complete with beard, hat and cape for the event."

Feel free to stop by with your holiday gifts and a friend for an evening of holiday cheer.

Becca James is at  
james256@d.umn.edu.

# Allie B's Hollywood HOTSPOT!

BY ALLIE BENTRUD

STATESMAN STAFF WRITER

America's sweetheart Reese Witherspoon beat out other big names like Angelina Jolie and Julia Roberts to top the list of the highest paid actresses. According to the Hollywood Reporter, Witherspoon makes between \$15-20 million per movie. Jolie, Cameron Diaz, Nicole Kidman and Renee Zellweger all make similar salaries and round out the top five of the annual list.

Millions of teenage girls were able to breathe a sigh of relief this week as Zac Efron, star of "High School Musical," finally agreed to come back to do the third installment of the franchise. Efron was reportedly holding out for more money, according to Perez Hilton.com. The third film is set in the Wildcats' senior year and will have a theatrical release, instead of the Disney Channel, next October.

Another "High School Musical" star and pop princess Ashley Tisdale went under the knife recently to fix a deviated septum. In other words, she got a nose job but is citing medical health as the purpose rather than a cosmetic improvement.

Paris Hilton was on "Ellen" last week and everyone went crazy when she told Ellen that she wanted to

have a baby after seeing her BFF Nicole Richie looking adorably pregnant. While that probably won't happen anytime soon, Paris has been spotted about town with a new man; Swedish model Alex Vaggo whom she took to dinner with her parents just last week, according to Perez Hilton.com

Jennifer Love Hewitt, recent star of "Ghost Whisperer" but most famous for her role in the "I Know What You Did Last Summer" flicks and "Party of 5," has reported to US Weekly that she is engaged to actor Ross McCall! It's okay if you have no idea who he is because, according to IMDb.com, McCall's roles include a "performance capture understudy" in "The Polar Express" among others like "Copy Boy," "Boy Scout" and "Football fan #1." Best wishes to the happy couple!

Jennifer Garner was spotted graciously signing autographs on Playbills after her Broadway performance in "Cyrano de Bergerac" in New York after almost a 3-week long break due to the stagehand strike. That strike is now over and productions have now resumed, now if only the writers' strike would resolve then all of the entertainment biz would be back to normal.

Despite her single "Tattoo"

burning up the charts, season six "American Idol" winner Jordin Spark's debut album isn't doing so hot, according to Perez Hilton.com. It is reported as the lowest sales debut from an "Idol" winner, even lower than Taylor Hicks! The problem might be that no one really knew the album was even released as there has been virtually no promotion. But now you know, so go buy it and enjoy the catchy duet with the Prince of Hip Hop Chris Brown on the track "No Air."

Lindsay Lohan, who left rehab this year a new woman and with a new man on her arm, has reportedly broken up with her rehab-mate and boyfriend of only a couple months, according to Perez Hilton.com. Riley Giles was engaged going into rehab but broke things off with his finance to be with Lohan, apparently that didn't go so well.

Allie Bentrud is at  
bent0131@d.umn.edu.





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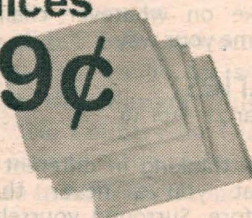
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## The Criteria for Accreditation

The Criteria for Accreditation are organized under five major headings. Each Criterion has three elements: Criterion Statement, Core Components, and Examples of Evidence. The **Criterion Statements** define necessary attributes of an organization accredited by the Commission. An organization must be judged to have met each of the Criteria to merit accreditation. An organization addresses each **Core Component** as it presents reasonable and representative evidence of meeting a Criterion. The **Examples of Evidence** illustrate the types of evidence an organization might present in addressing a Core Component. The Criteria are intentionally general so that accreditation decisions focus on the particulars of each organization, rather than on trying to make it fit a preestablished mold. The widely different purposes and scopes of colleges and universities demand criteria that are broad enough to encompass diversity and support innovation, but clear enough to ensure acceptable quality.

## The Higher Learning Commission

### AN INVITATION TO THE CAMPUS COMMUNITY

You are invited to do an online review and submit online comments related to the draft of a report being prepared as part of the self-study process for UMD's institutional accreditation. General information about activities related to our institutional accreditation by the Higher Learning Commission (HLC) and links to related information can be found at the UMD HLC web site (<http://www.d.umn.edu/hlc/>).

A draft self-study report describing UMD, its programs and activities, and how it is meeting the "Criteria for Accreditation and Core Components" of the HLC will be posted for public review at the UMD HLC web site by Monday December 10, 2007. The draft report has been prepared over a period of several months and has been reviewed by members of the UMD Accreditation and Self-Study Steering Committee.

Now we hope as many of you as possible will take time to review the draft and provide feedback so it reports on the current campus environment as accurately as possible.

As you'll see when you begin to review the document, the content for each of the Chapters 4-8 includes one of the five HLC Criteria for Accreditation and its Core Components. The criterion statement is included at the start of each chapter, and core component statements for the criterion are included at the start of sections related to them within the chapter. The narrative for each of these chapters presents information and examples of evidence to document that UMD is meeting expectations for the criterion overall and each of the core components involved.

More specific information to help you provide online feedback is posted at the UMD Higher Learning Commission Accreditation web site.

Members of the HLC Accreditation and Self-Study Steering Committee



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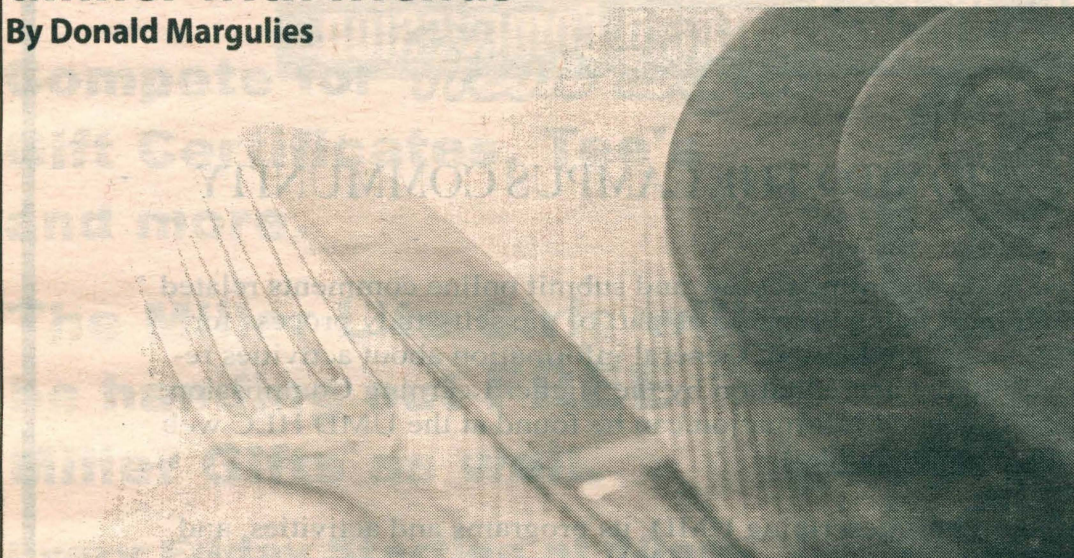


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## UMD Theatre presents dinner with friends

By Donald Margulies



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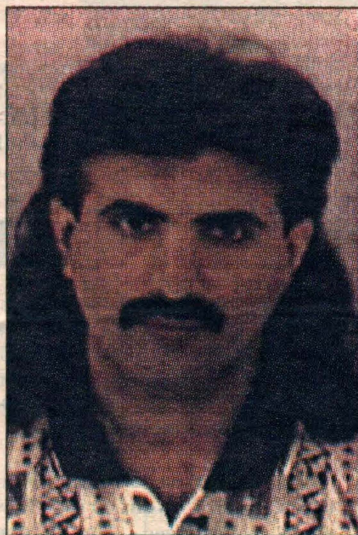
## The elegance of the mullet

BY TYLER DOMAAS  
STATESMAN STAFF WRITER

Business in the front, party in the back, sexy all around. The mullet has been around for decades, yet many don't know the different classifications of the mullet. Let's take a look into a few of the different classes for this haircut of haircuts.

**The Red Neck:** The Red Neck is a dying breed in the mullet world. That's not to say that this can't be found. This specimen of mullet is mainly located in the south. To get an idea of this mullet, imagine the offspring of two large red neck cousins who mated while at a family reunion in which the highlight was watching NASCAR. Where the business should be, there is just a balding space and where the party should be, there is a tangled mess of what might once have been considered hair. These mullets are rejected by society and are becoming lost.

**The Business Mullet:** The business mullet is one of the most popular mullets to date. (Yes, there are still popular mullets.) The business mullet is worn by the partier who actually has a legit job. That is to say, he has to pass as a semi-respectable man of society. The front of this mullet is gelled up nicely



ASSOCIATED PRESS

An ex-male model who, after growing a mullet, lost all sense of direction, grew a mustache and bought a golf shirt.

and could pass as a normal haircut. The back of the mullet is nicely combed. These types of mullets are at times highly discriminated against by others in the mullet society. The words "sell out" and "poser" are often thrown around. To keep peace within the mullet society, the business mullets must really let loose during the week-ends and prove that they really do have the party in the back.

**The Pre-Gen Mullet:** This mullet's name means pre-generation. It gained this name by being wildly popular in the late '80s and

early '90s. They can often be seen by just looking at a picture of a family member within the popular time period. Combed nicely up front and then flowing down to the bottom of the neck, this mullet is often classified differently than others. The ones sporting these mullets usually were not the out of control partying type. Many consider this a distant relation to the true mullet. It has been highly debated on whether or not this mullet should be classified into its own species.

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## Cheat Wisely

Sung to Tenacious D's  
"F\*ck her Gently"

BY TYLER DOMAAS  
STATESMAN STAFF WRITER

This is a song for the nerds,  
but geeks, listen too.

You don't always have to  
study hard,  
In fact sometimes that's not  
right to do.

Sometimes you've got to  
make a cheat sheet,  
And fricken get a good  
grade for you.

Sometimes you gotta peek.  
Sometimes you gotta cheat.  
Sometimes you gotta say  
'hey'

I'm going to cheat wisely,  
I'm going to peek know-  
ingly,  
I'm going to copy quickly,  
I'm going to cheat dis-  
creetly.

And then you say 'hey can I  
use your paper'

And then you say 'write it  
for me Sally.'

I think I'm going to get an  
A

Can you please  
write it for me?  
That's cheating wisely.

What's your favorite cheat?  
That's safe with me it's not  
the easiest  
But I'll do it for the grade.

What's your favorite paper?  
I'm not going to write it,  
but I'll order it online.

And then I'm going to cheat  
wisely,

And then I'll fricken peak  
knowingly,

And then I'll flippin copy  
quickly,

And then, I'm going to  
cheat wisely.

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## TOPTEN

### Things I Won't Miss About UMD

BY ERIC SIMON STATESMAN STAFF WRITER AND TREE FORT ARCHITECT

10. Parking, for \$120 you can get a spot a half mile from campus.
9. Food court food, I'm not exactly sure what's in a Hubba Burger ... I don't think I want to know.
8. Buying a Coke, \$1.50 for 20 ounces? How about Sam's Choice? 50 cents for two liters.
7. Homework, don't these profs know I've got illicit activities to do?
6. Stairs, do I really have to go up three flights to hear a lecture on 300-year-old poetry? Let's get some escalators up in this mofo.
5. Sleeping students, do I leave them alone? Do I draw stuff on their face? What? I can't take the confusion!
4. Strict anti-cheating policies, can't we take a lesson from Barry Bonds?
3. Wild Ricing Moon, I've been here 3 ½ years and I still don't get it.
2. People who wear shorts and sandals in December, it's cold, get a f@\$\$ing clue.
1. Writing for the Statesman ... just kidding ... I love you guys.

Eric Simon is at simo0389@d.umn.edu.

## LETTERS TO PEOPLE

BY BOBBY DOWNS  
STATESMAN STAFF WRITER AND PENGUIN JOCKEY

Dear Santa,

I know I may not have been the best little boy this year, but I still had to write to you. There are a few things I've had my eye on for the last few months, and I think that I deserve some of them.

They are things that will bring everybody joy and that I could possibly sell on eBay after Christmas. I'd like an assortment of children's toys, specifically Tickle Me Elmo TMX. I'd also enjoy a variety of societal changes, mainly a lesser dependence on foreign oil and a lower drinking age.

It would behoove me to get some help for school,

including the answer key to the exams for my second semester classes. I would become giddy if I got some new apparel comprising of Zubas and a canary yellow jump suit.

Happiness would surely find me if I could get my hands on some new sporting equipment, specifically a bear trap and some fishing line. These items will all help me in my daily life, as well as assist me in conquering the world.

Thank you, big guy.  
Bobby Downs

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# Editor's note: Twins should re-sign Santana

BY ZACH GRILL  
STATESMAN STAFF WRITER

The Minnesota Twins have had an interesting off-season so far.

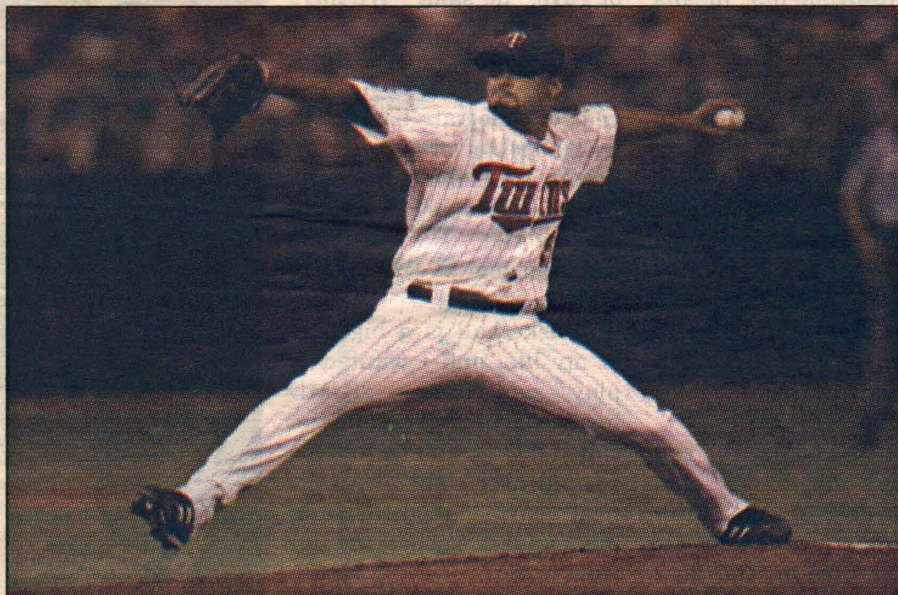
They lost a star center fielder and longtime team leader when Torii Hunter left the team for sunny California and a big contract from the Los Angeles Angels of Anaheim via free agency.

The team also parted ways with former General Manager (GM) Terry Ryan, who stepped down after being with the team for 13 years, according to the Twins Web site.

Those two departures left new GM Bill Smith in the awkward position of what to do with the best pitcher in Major League Baseball (MLB), Johan Santana.

Should the Twins trade him while his value is highest? Should they hold on to Santana until his contract is up after 2008 and try to win in the ultra-competitive American League? Should they try to re-sign him to a long-term contract and have him when the Twins enter their new stadium in 2010?

These questions seem even more difficult to answer after the Detroit Tigers made a blockbuster trade with the Florida Marlins to bring



ASSOCIATED PRESS

Santana has two Cy Young awards in four years and is under contract through the end of 2008.

hitting prodigy Miguel Cabrera and star pitcher Dontrelle Willis to Motown, according to the MLB Web site.

The American League Central is already the most competitive division in the Majors with last year's division champion, the Cleveland Indians returning the majority of their players from last year. The Tigers appear to be the new favorite after getting Cabrera and Willis.

If the Twins want to fill the seats of their new stadium in 2010, they should try to re-sign Santana and allow him and fellow lefty Francisco Liriano to dominate hitters like they did before Liriano went down with shoulder and elbow injuries.

The Twins have tried to rebuild their outfield by trading pitcher Matt Garza to the Tampa Bay Rays for outfielder Delmon Young, but no one knows if Young will be able to

replace Hunter's position as team leader.

Even with Joe Mauer, Justin Morneau and Michael Cuddyer, the Twins' offense is not at the same level as Cleveland's, Detroit's, the Yankee's or the Red Sox.

If Minnesota wants to remain competitive over the next few years before moving into their new stadium, they are going to have to do it with pitching.

Penny-pinching owner Carl Pohlad needs to open up his checkbook and give Santana the contract he deserves.

Twins' fans have long suffered through Pohlad's low payrolls and have seen star players such as David Ortiz and Jacque Jones leave the team for bigger contracts.

Now that Minnesota taxpayers are paying millions of dollars for a new stadium, it is up to Pohlad to make sure that the team taking the field in 2010 is worth watching.

Not only does Santana deserve a big new contract, the fans deserve to see him pitching in the new stadium in a Minnesota Twins jersey.

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## Viking's hopes for new stadium looking very slim

ST. PAUL (AP) — A day after NFL officials got a chilly reception from the Minnesota legislature on the prospects of a new football stadium, Vikings owner Zygi Wilf said the issue "needs to be resolved in the near future."

A group of officials from the NFL visited the Capitol on Monday and met with several legislative leaders in hopes of generating momentum for a proposed \$954 million complex in downtown Minneapolis.

"We appreciate the willingness of Minnesota's state leaders to meet with the National Football League this week and address the state's stadium situation," Wilf said Tuesday in a statement issued by the team. "The seriousness of the stadium issue has risen to a priority at the League level."

Apparently not at the state level, though.

Gov. Tim Pawlenty, House Speaker Margaret Anderson Kelliher and Senate Majority Leader Larry Pogemiller all separately told the NFL on Monday that the issue likely will not be broached during the 2008 legislative session.

All three said the state has higher priorities, including addressing a projected \$373 million deficit by mid-2009, questions about transportation infrastructure in the wake of the Interstate 35W bridge collapse, property tax reform and education funding.

"The Vikings and the NFL understand and respect the priorities and pressing issues facing the state, but at the same time, the stadium issue needs to be resolved in the near future," Wilf said. "Construction costs are rising significantly each year that we delay and there is an urgency to reach a solution."

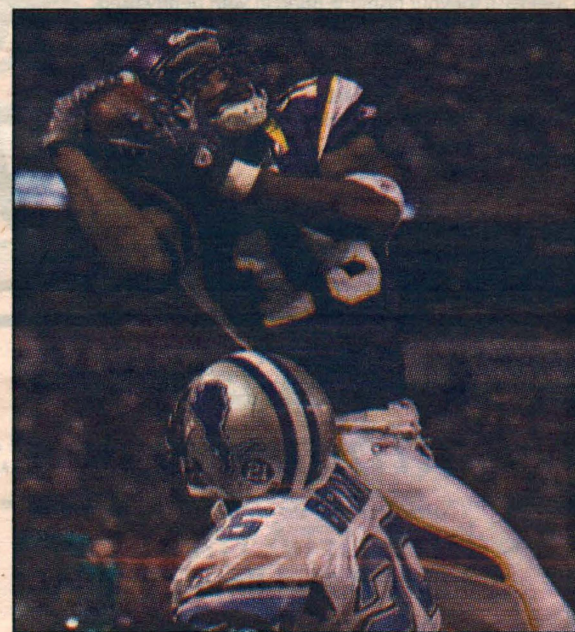
The state's answer puts the project—a retractable roof stadium along with housing and business development on the Metrodome site—up against a tight deadline.

The Vikings lease at the Metrodome expires in 2011. With a new project expected to take about four years to complete, and approval looking like it won't come until 2009 at the earliest, things could start to get interesting.

Wilf has pledged about \$250 million for the new stadium and more to redevelop the surrounding area, but lawmakers are still waiting to see a detailed proposal for how the entire project will be funded.

Wilf has never threatened to move the team if a stadium solution isn't reached, as previous owner Red McCombs did before selling the team to Wilf three years ago.

But the New Jersey real estate developer's statement on Tuesday showed that he is serious about having this addressed sooner rather than later.



ASSOCIATED PRESS

Sidney Rice and the Vikings will need to wait for a new stadium.

"We are confident that state leaders and the Vikings will work together to reach a solution, just as many other NFL cities have done in recent years," Wilf said. "We look forward to advancing the stadium issue during the 2008 legislative session."





**BY ROBERT DOWNS**  
STATESMAN STAFF WRITER

**Name:** Jordan Nuness  
**Year:** Senior  
**Number:** 21  
**Position:** Guard  
**Hometown:** Eden Prairie, Minn.  
**Major:** Marketing

Jordan Nuness has stepped up to the plate and helped the UMD men's basketball team to a blazing start. The senior captain has averaged over 17 points a game and led the squad to a 6-2 start, following their win over St. Scholastica on Dec. 1.

Nuness feels confident about this year's team, but says that there is still some improving to be done.

"We have a lot of new guys this year," said Nuness. "I think we're going to continue to get better, and I think we're getting there. I think eventually we'll be fine."

According to Nuness, the

off-season played a big role in the Bulldogs' recent successes and contributed to vast improvements in his game.

"Every off-season I try to get to the gym quite a bit. I wanted to get stronger," he said. "I'm trying to work on all aspects of my game."

His efforts have paid off, as the Bulldogs have played faster, more aggressive basketball. The Dogs have found success by relying on a system of play in which the player's individual roles are effective.

"We have people who can score and can shoot," said Nuness. "We've got guys that are more of the hustle guys that dive on the floor and play great defense."

Nuness is the unarguable leader of the Bulldog men's basketball team, and leads his players by example.

"The guys look up to me, and I think they kind of follow my lead," he said. "I'm a pretty hard worker, and I expect a lot out of the guys, and they come forward."

According to Nuness, this year's team works well together. His favorite part of

basketball at UMD is spending time with his team.

"We have a great group of guys," he said. "We have great team chemistry."

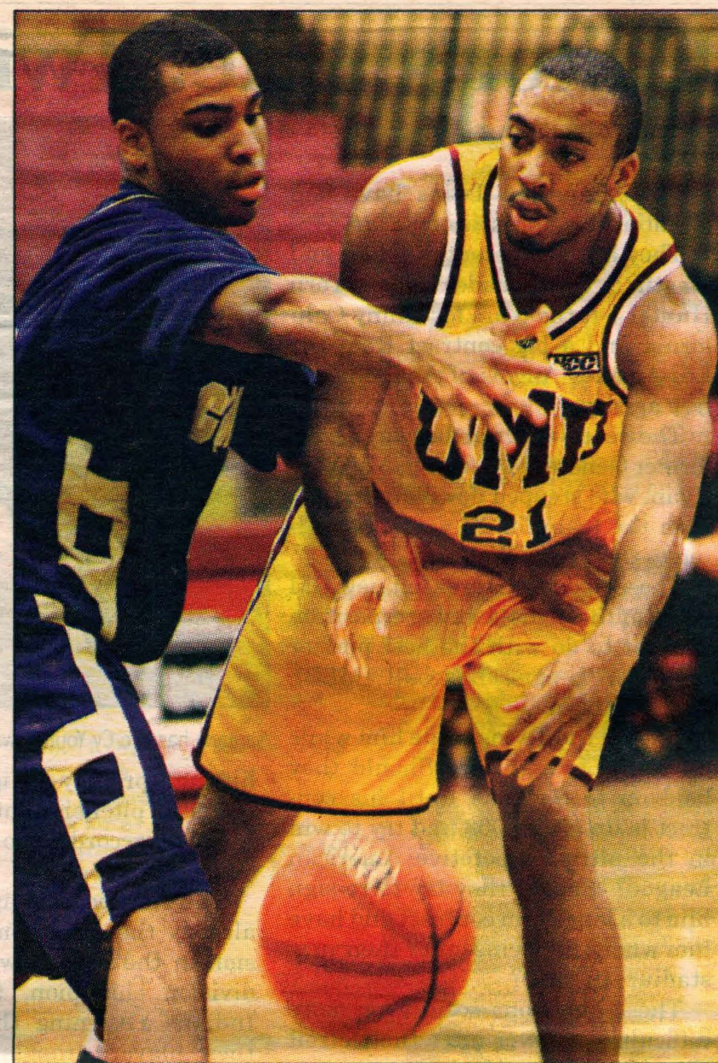
Nuness, a guard from Eden Prairie, played his first year of collegiate basketball with the University of Minnesota Golden Gophers. After receiving limited playing time, Nuness made the decision to transfer to UMD.

"Basketball is a big part of my life, and I wanted to play," said Nuness. "[UMD head coach] Gary Holquist called me up, and he told me I could play right away the next year. I liked the campus, and it wasn't too far from home."

After college, Nuness plans on pursuing a job in advertising or marketing. In fact, he's going to get a quick start by capitalizing on the winter break.

"I'm majoring in marketing, so I'm going to start looking for a job over Christmas break," he said.

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down0146@d.umn.edu.



LARAMIE CARLSON / STATESMAN

Nuness is leading the Bulldogs on and off the court as senior captain this year.

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## Four volleyball players earn honors

**BY ZACH GRILL**  
STATESMAN STAFF WRITER

Four UMD volleyball players earned All-American honors for their efforts in helping the Bulldogs to one of their most productive seasons ever.

Senior Vicky Braegelmann was selected to the American Volleyball Coaches Association (AVCA) first-team all-

America for the fourth consecutive season.

Senior Kari Wolford was also selected to the first-team and junior Katie Gangelhoff earned a second-team selection, while sophomore Sarah Wyffels was given honorable mention.

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## TEE-TIME

*Continued from page 28*

make when entering the profession.

People close to Taylor said that he had been maturing more every day since the birth of his daughter in 2006.

The NFL and its fans have showed support for Taylor and his family throughout the week.

Players wore stickers of Taylor's No. 21 on their helmets and a moment of silence was held before every game this past weekend.

These types of tragedies remind fans of how minuscule the game of professional football really is in the scheme of life.

At the same time, the fact that so many people around the country have been affected by Taylor's story shows how big football is in American culture.

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# The Bulldog rundown

BY KJESTINE STEINBRING  
& ERIK ELSBERRY  
STATESMAN STAFF WRITERS

## MEN'S HOCKEY

The Minnesota State Mankato Mavericks showed the Bulldogs why they are a contender for the Western Collegiate Hockey Association (WCHA) conference title this weekend, with a close game Friday ending in a 2-2 tie, and Saturday ending in a 2-1 loss for the Bulldogs.

After the Mavericks scored two goals early in the game Friday, the Bulldogs didn't give up and scored two goals to tie it up in the second period. Juniors Andrew Carroll and Jason Garrison both scored within two minutes for UMD, according to the UMD Web site.

Saturday night's game was not as productive for UMD. The Mavericks were up 1-0 when junior Nick Kemp sent the assist Matt McKnight's way, to tie it up. Mankato responded four minutes later to take the lead 2-1 and eventually go on to win by the same score.

This loss leaves Duluth with a 5-5-2 record in the WCHA, according to the Web site. The Bulldogs will host the University of Alaska Anchorage this weekend at the Duluth Entertainment and Convention Center (DECC).

## WOMEN'S HOCKEY

With the Bulldogs on the top of the WCHA and going against conference rival Wisconsin this weekend, it was crucial that the women did well.

Friday night they started out great with a 2-0 lead early in the second after goals by freshmen Laura Fridfinnson and Iya Gavrilova. The Badgers followed those up by scoring their lone goal in the second period to make the score 2-1. The final goal of the game was scored by Bulldog freshman Haley Irwin, giving the Bulldogs a 3-1 win, according to the UMD Web site.

Saturday's game was the complete opposite of Friday.

Wisconsin was leading 2-1 in the third before UMD came fighting back. Gavrilova once again saved the Bulldogs, scoring with 25 seconds left in the game and forcing OT, according to the Web site.

She then put the game winning goal in the net 25 seconds into the OT, giving the Bulldogs a big win over tough competition.

The women return home this weekend, playing Ohio State both Saturday and Sunday at the DECC.

## WOMEN'S BASKETBALL

After a somewhat disappointing start to the women's basketball season, the team switched gears on Wednesday to defeat St. Scholastica to record their first win. The game was close for much of the first half, but the Bulldogs gained the lead and momentum going into half time with a score of 31-21.

Leading the scoring for the Bulldogs was senior Katy Freeman with 11 points. Senior Kim Wagers, junior Venessa Ostergaard and sophomore Joardanne Even scored 9 points a piece to help the Bulldogs push the lead to 16 in the second half, according to the UMD Web site.

UMD ended up winning the game 72-53.

The Bulldogs came up just short of pulling off a come-from-behind victory in last Tuesday's 58-62 loss to Northern Michigan University in Marquette, Mich.

UMD played catch-up throughout the competition, trailing by as much as 10 points. It was a one point game with 4:13 remaining, but the Dogs could not complete the comeback, according to the UMD Web site.

Leading the Bulldogs in scoring was Freeman, with 11 points.

The Bulldogs will travel to Minnesota-Crookston and Minnesota State University Moorhead for away games next week before returning

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# SPORTS

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WWW.D.UMN.EDU/STATESMAN

## Men's basketball strong at home

BY ERIK ELSBERRY  
STATESMAN STAFF WRITER

Men's basketball went 2-1 last week in home games against Concordia-St. Paul, Northland College and the College of St. Scholastica (CSS) at Romano Gymnasium.

The Bulldogs lost to Concordia-St. Paul last Tuesday, 47-66. Junior forward Brian Sykora led the way with 15 points and eight rebounds.

UMD played tough through the first half, as they only trailed by five at halftime, with a score of 28-33.

The game remained close until the Golden Bears began to build their lead midway into the second half and put the game out of reach for the Bulldogs.

The Bulldogs had their way with Northland College from Ashland, Wis. last Thursday, thumping the Lumberjacks, 74-41.

Five Bulldogs finished in double figures, with sophomore guard/forward Steve Duncan leading the team with 19 points.

Other top scorers were senior

guard Jordan Nuness, sophomore guard Jordan Schade, freshmen forward Ivan Franklin and Sykora.

In last Saturday's match against CSS, the Bulldogs took an early 21-11 lead in the first half. The Saints then gained on the Dogs, thanks to 10 points by senior forward Eric Langdon and a last second 3-pointer by senior guard Akente Ward to give CSS a 37-34 lead at the half.

"I think they came out hard in the first half," said Schade, of CSS's comeback.

Thanks to some clutch shooting from beyond the arch by Schade and some stingy defense in the paint, UMD battled their way back to take a 69-56 lead with seven minutes left of regulation.

The Bulldogs won by a final score of 81-70.

"I took what the defense gave me," said Schade, about making five of eight attempted 3-pointers.

"We've had a grinding schedule, playing eight games in 16 days," said head coach Gary



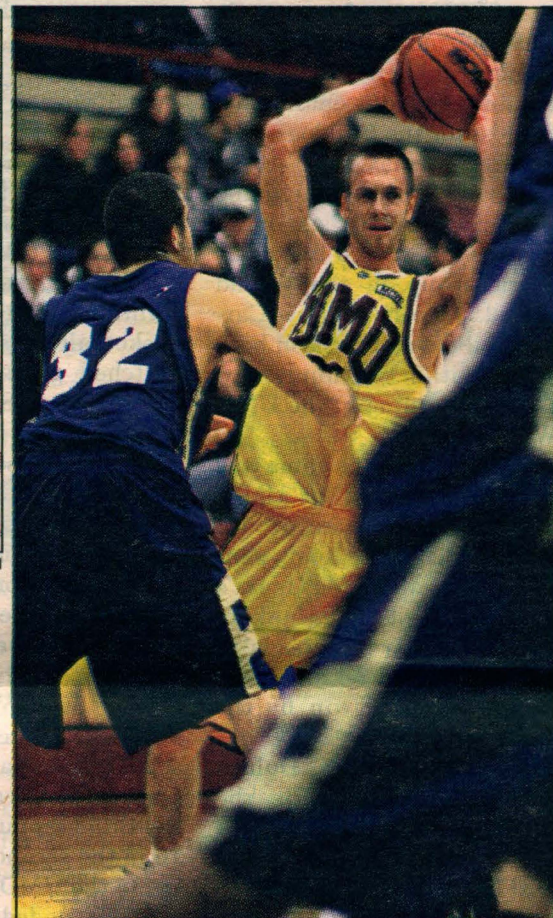
LARAMIE CARLSON / STATESMAN

Bulldogs center Steve Jamnick swats at a Concordia player during Tuesday's game.

Holquist. "Our record is 6-2, and I'm very content with that."

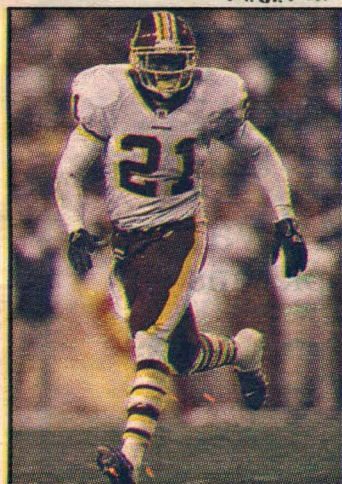
The Bulldogs play on the road next week against the University of Minnesota Crookston Tuesday, Dec. 11 and Minnesota State Moorhead on Wednesday, Dec. 12.

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elsb0008@d.umn.edu.



LARAMIE CARLSON / STATESMAN

Forward Brian Sykora holds off a defender and looks to pass.



ASSOCIATED PRESS

Sean Taylor, 1983-2007.

### Death of a fellow player hits NFL hard

BY TAJEN STOCKDALE  
STATESMAN STAFF WRITER

This past Sunday, the Washington Redskins took the field against the Buffalo Bills without a familiar face.

Sean Taylor, of the Redskins, was shot at his home early last Monday morning. The bullet ruptured his femoral artery and he died the next day at a Miami hospital. Taylor was 24 years old.

The police have charged four men with the unpremeditated murder of Taylor. The men were said to have entered the house with the

intention of stealing items, but not killing anyone.

Taylor's death is the second among NFL players in less than a year and brings back a cold memory for the Denver Broncos. Last January, Broncos cornerback Darrent Williams was killed after leaving a New Years Eve party at a nearby club. There was an apparent dispute between the group Williams was with and another group of people at the club.

Tragedies like these two often raise some questions about the character of the players.

Taylor was among the group of NFL players that had a rough legal past, but appeared to be changing his life for the better.

In 2004, he was arrested on charges of drunk driving and refusal to take a breathalyzer, those charges were later dropped. In 2006, Taylor was charged with aggravated assault with a firearm; charges that could have landed him with up to 46 years in prison. The charges were also dropped in a plea agreement.

Taylor had stayed out of trouble since the birth of his daughter a year ago, but people close to him still worried about his relationships with old friends.

Arizona Cardinals cornerback Antrel Rolle has been a longtime friend of Taylor's, since before the two played college football together at the University of Miami.

Rolle told the media earlier in the week that he believed Taylor's death was not coincidental and that there were people who could have been out to get Taylor.

The transition that professional athletes make from their lives growing up and their new life in the spotlight is often an issue.

As these athletes develop and grow during high school, college and their first years in the NFL, many find themselves having to disassociate themselves with certain people from their past.

Players like Michael Vick, Adam Jones, Chris Henry and Tank Johnson have yet to realize the sacrifice professional athletes should

TEE-TIME to page 26